

**CALIFORNIA DEPARTMENT OF AGING**

**SENIOR FARMERS' MARKET NUTRITION**

**PROGRAM – 2007**

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# **CALIFORNIA DEPARTMENT OF AGING**

## **Senior Farmers' Market Nutrition Program (SFMNP)**

### **I. Policy**

The Area Agency on Aging (AAA) is responsible for the accountability of all Senior Farmers' Market Nutrition Program (SFMNP) coupon booklets received from the California Department of Aging (CDA) until the coupon booklets are either distributed to eligible participants or returned to CDA.

1. By accepting the SFMNP coupon booklets and signing the CD-SFMNP- 301 (SFMNP #3 the AAA agrees to all the policies and conditions of participation in the program.
2. The AAA shall appoint an individual as the SFMNP Coordinator for their agency who will be responsible for the receipt, distribution, and accountability of the SFMNP coupon booklets. The AAA shall furnish CDA with the name of this individual.
3. The AAA assures that when multiple programs are used to distribute the SFMNP coupon booklets, e.g., congregate meal sites and the Brown Bag Program, that no eligible participant receives more than one SFMNP coupon booklet.
4. The State reserves the right to assess the local AAA the cost of SFMNP coupons redeemed by ineligible persons, lost, stolen, or otherwise unaccounted for.

### **Procedures:**

#### **A. Participant Eligibility, Benefit Level, and Rights**

1. **Participant Benefit Level.** The benefit level for the SFMNP 2007 season is \$20 per each eligible participant.
2. **Participant Eligibility**
  - 60 years of age
  - Income does not exceed more than 185% of poverty, \$18,130.
  - Resident of the Planning and Service area (PSA)
  - Has not already received a 2007 SFMNP Coupon booklet.
3. **Participant Rights and Responsibilities**
  - During enrollment in the SFMNP each participant or their authorized representative must be informed of their rights and responsibilities.
  - The AAA will furnish each provider with a copy of this statement. The required statement is included in the SFMNP Tool kit.
  - The SFMNP applicant or authorized representative must read or have the statement read to him or her.
4. **Designation of an Authorized Representative**
  - Participants are authorized to designate an individual (proxy) to act as their authorized representative to sign and receive a SFMNP coupon booklet.

- The Proxy form included in the SFMNP Tool Kit will be used (**SFMNP #1**).

## **5. Participants Found Ineligible**

- Participants found ineligible for the SFMNP must be advised:
  - in writing of their ineligibility,
  - the reasons for their ineligibility
  - the right to appeal.
- The reasons for ineligibility must be documents and retained on file by the AAA. (7 CFR Part 249, Subpart C, Section 249.6 (d.4) (**SFMNP # 2** )
- Notice is not required when participant is denied solely on the lack of sufficient funding to provide SFMNP benefits to all eligible applicants.

## **B. Agreement Between CDA and the AAAs**

- CDA SFMNP #301, (**SFMNP #3**) includes:
  - The agreement between California Department of Aging and Area Agency on Aging Senior Farmers' Market Nutrition Program, and
  - A signature and certification by the AAA director that the policies and procedures of the 2007 SFMNP season will be followed.

## **C. Coupon Receipt, Distribution, and Accountability**

### **1. AAA receipt and distribution of coupon booklets**

- Shipments of SFMNP coupon booklets are sent directly to the AAA from the printer and will include a packing label that indicates the sequence numbers of the coupon booklets included in the shipment.
- Upon receipt of the SFMNP coupon booklets, the AAA must certify the total number received and sequence number of the coupon booklets, using the SFMNP #301. (SFMNP #3)
- The original of the CDA-SFMNP-301 must be returned to the CDA Senior Farmers' Market Manager within 15 days of receipt of the SFMNP coupon booklets. CDA is to retain the original on file for three years. A copy of the form is to be kept on file by the AAA for 3 years. The address of the CDA Senior Farmers' Market Manager is:

California Department of Aging  
 Senior Farmers' Market Manager  
 1300 National Drive, Suite 200  
 Sacramento, CA 95834

- The local AAA SFMNP Coordinator is to maintain the SFMNP Coupon Control Log (**SFMNP #4**) for all coupon booklets issued to a provider. This form is meant for internal control between the AAA and the service providers who issue coupons to the participants. The AAA is to retain the SFMNP #2 on file for three years.

- 1) The SFMNP #4 must include the date the coupons were issued to the provider, the provider name, and coupon booklet sequence numbers.
  - 2) The service provider must sign the SFMNP #4 form to acknowledge receipt of the coupon booklets.
  - 3) The AAA is to retain the original copy of the SFMNP #4 form on file and furnish a copy of the form to the service provider.
  - 4) The AAA is responsible for monitoring the providers for excess/unused SFMNP coupon booklets and for returning these booklets to CDA as directed.
  - 5) The AAA shall return all voided, expired, or disfigured SFMNP coupon booklets to the CDA Farmers' Market Manager via secured mail.
- e. At the end of the 2007 market season, the AAA is responsible for notifying CDA of the total number of SFMNP coupon booklets distributed by all providers.

## **2. Distribution of SFMNP coupon booklets by Service Providers**

- a. SFMNP coupon booklets shall be distributed to eligible participants within 30 days of receipt from the AAA. Coupons can be redeemed through November 30, 2007.
- b. Each participant will receive one booklet worth \$20, made up of ten \$2 coupons.
- c. The service provider distributing the coupon booklets must complete the SFMNP Coupon Issuance Log (**SFMNP #5**). The following information must be completed:
  - 1) The AAA number and service provider name.
  - 2) The location of the distribution/issuance site.
  - 3) The date the SFMNP coupon booklet was issued to a participant.
  - 4) The coupon series number issued to each individual.
  - 5) Printed name and signature of participant receiving a coupon booklet.
  - 6) The race/ethnicity of the participant.
  - 7) The type of nutrition education provided (lecture or handout).
- d. The original of the SFMNP # 5 is sent to the AAA and the service provider is to keep a copy of the form. The AAA is to retain the SFMNP #3 for three years.
- e. The service provider is responsible for returning all unused coupon booklets to the AAA, in a timely manner, in order to facilitate their redistribution.
- f. The service provider is responsible for notifying the AAA of the total number of SFMNP coupon booklets distributed.

## **3. Security of SFMNP coupon booklets**

- a. The AAA and service providers are responsible for the security of the SFMNP coupon booklets at all times. The coupons are to be treated as if they are cash.
- b. Security of the SFMNP coupon booklets must include the following:
  - 1) The SFMNP coupons are to be stored in a secure (locked) file.

- 2) SFMNP coupon booklets are not to be left unattended when distributed to participants.
- 3) Access to the coupons shall be limited to authorized AAA/service provider staff.

#### **4. Lost/Stolen SFMNP coupon booklets**

- a. The AAA and service providers are responsible for reporting lost or stolen SFMNP coupon booklets.
- b. Lost or stolen coupons will not be replaced.
- c. Reporting of lost or stolen booklets must include the following:

When a service provider discovers that a series of SFMNP coupon booklets are lost or stolen, they are to immediately notify the AAA. The AAA Farmers' Market Coordinator shall notify the participating farmers' markets. The SFMNP Lost or Stolen Coupon Booklets Report Form (**SFMNP # 6**) must be completed.

- 1) If a participant reports coupons as being stolen or lost, this must also be noted on the SFMNP #4 form.
- 2) The AAA must also document the lost or stolen booklets on the original SFMNP Coupon Issuance form (SFMNP #5).
- 3) A copy of the SFMNP #4 is sent to CDA Senior Farmers' Market Manager and the original retained on file by the AAA.

#### **D. Senior Farmers' Market Nutrition Program Complaint Procedures**

The following steps should be taken regarding any complaints about the Senior Farmers' Market Nutrition Program (SFMNP). The SFMNP Complaint Form (**SFMNP #7**) is to be completed by the AAA SFMNP Coordinator.

1. The AAA SFMNP Coordinator, or other authorized individual, will interview the recipient (or farmer) who has reported the problem to determine the nature of the problem as precisely as possible.
2. If a problem should arise with an individual farmer at the Farmers' Market, the complaint should include the farmer's name or his/her location within the market and the date and time that the problem occurred.
3. The AAA SFMNP Coordinator should interview other recipients (or farmers) to determine whether the problem is wide spread or occurred only once.
4. The AAA SFMNP Coordinator should contact the market sponsor to seek corrective action keeping in mind that this group is volunteering its staff time to make this program successful.
5. The AAA SFMNP Coordinator should contact the California Department of Aging at (916) 419-7503 to report the problem, documenting the response you receive from the market sponsor, and any suggestions you have to avoid the problem in the future.

6. The AAA SFMNP Coordinator should forward a copy of the completed complaint form to the CDA Senior Farmers' Market Manager:

California Department of Aging  
Senior Farmers' Market Manager  
1300 National Drive, Suite 200  
Sacramento, CA 95834

## **E. Senior Farmers' Market Nutrition Program Forms**

The following table summarizes the distribution of the completed CDA-SFMNP-301 and SFMNP forms 1 through 8.

	CDA	AAA	Provider
SFMNP# 1- SFMNP Proxy	NA	Original*	Copy
SFMNP #2 – Denial of Eligibility	Copy	Original*	Copy
CDA - SFMNP – 301 (03/05) (SFMNP #3) Agreement and Receipt of SFMNP Coupons	Original *	Copy	NA
SFMNP #4 Coupon Control Log	NA	Original*	Copy
SFMNP #5 Coupon Issuance Log	NA	Original*	Copy
SFMNP #6 Lost or Stolen Coupon SFMNP Booklets Report	Copy	Original*	Copy
SFMNP #7 SFMNP Complaint Form	Copy	Original*	Copy
SFMNP # 8 Participant Instructions-Rights & Responsibilities	NA	NA	NA

Note: \* Originals of forms must be retained on file for 3 years.

## **II. SFMNP Participant Education**

### **A. Nutrition Education**

1. SFMNP participants are to be provided nutrition education information related to fresh fruits and vegetables and instruction on the proper use and redemption of the coupons. This information is to be furnished by the AAA or the service provider distributing the coupon booklets.

2. It is suggested that, in addition to nutrition education materials related to fresh fruits and vegetables, a class be presented on their use. This class can be counted as a nutrition education presentation at congregate meal sites participating in the SFMNP.
3. Nutrition education handouts for SFMNP participants are sent directly to each AAA by CDA. Samples of the handouts are included in the SFMNP Tool Kit.

## **B. Participant Instructions - Rights and Responsibilities (SFMNP #8)**

Participants are to be informed of the following:

- Only fresh fruits, vegetables and edible herbs can be purchased with the SFMNP coupons.
- Coupons can only be redeemed at approved certified Farmers Market sites.
- Each SFMNP coupon is worth \$2.00 in trade for fresh fruits, vegetables and edible herbs only.
- No change can be returned to the senior participant. When the amount of sale is less than the dollar value of the coupon, then additional fruit or vegetables must be added to the purchase to bring the sale as close to the coupon value of \$2.00.
- Coupons are not transferable to another person.
- Ability to designate an authorized individual (proxy) to obtain SFMNP coupons.
- Farmers may accept cash or food stamps to cover the purchase beyond the value of the coupons.
- Coupons may not be exchanged for cash.
- Torn or altered coupons or coupons without serial numbers cannot be accepted.
- Coupons may not be redeemed at grocery stores.
- Lost or stolen coupon booklets will not be replaced. Report lost or stolen coupon booklets to the SFMNP Coordinator and the Farmers' Market Manager.
- The last date to use the SFMNP coupons is November 30, 2007.
- Farmers shall not unlawfully discriminate against SFMNP participants in price, quality of produce, or service.
- Contact the SFMNP Coordinator to register a complaint about this program
- Any person/vendor/farmer committing fraud or abuse in connection with a United States Department of Agriculture (USDA) program is liable to prosecution under applicable federal, state or local laws.
- This institution is an equal opportunity provider.
- An individual that has been denied SFMNP coupons is entitled to appeal the decision at a fair hearing. Appeals may be filed in writing with the local Area Agency on Aging or the California Department of Aging.

## **2. Participant Materials -** The following information and materials should be given to participants in the SFMNP.

- Participant SFMNP Instructions– Rights and Responsibilities
- Nutrition Education handouts
- Location and hours of operation of the local Certified Farmers' Markets participating in the SFMNP.
- Sources of transportation, if applicable

### **3. Participant Survey**

- CDA requests that a participant survey be conducted after the SFMNP is completed.
- Participation by the AAA is on a voluntary basis. The survey tool is included in the Tool Kit..
- Each AAA must include their PSA number on the form before copying for distribution to the seniors.
- Completed surveys should be returned to the CDA Senior Farmers' Market Manager for tally.

### **4. Web Sites for Information on Fruits and Vegetables**

<http://agingwell.state.ny.us/eatwell/index.htm>

<http://5aday.nci.nih.gov>

<http://www.mypyramid.gov>

<http://www.5aday.com>

### **5. Web Site for Finding a California Certified Farmers' Market:**

<http://www.cafarmersmarkets.com>



# CALIFORNIA DEPARTMENT OF AGING

## Listing of SFMNP Forms and Handouts

<b><u>Name</u></b>	<b><u>Page</u></b>
• Statement of Participant Rights and Responsibilities	10
• SFMNP Proxy form #1	11
• Denial of Eligibility #2	12
• CDA-SFMNP 301, (SFMNP#3) SFMNP Agreement Between CDA and AAA and Receipt of Coupons	13
• SFMNP Form #4 Coupon Control Log	14
• SFMNP #5 Coupon Issuance Log	15
• Race/Ethnicity Codes	16
• SFMNP #6 Lost or Stolen SFMNP Coupon Report	17
• SFMNP #7 Complaint Form	18
• SFMNP # 8 Participant Instruction Sheet - Rights and Responsibilities	19
• Nutrition Education Materials	20-21
• SFMNP Participant Survey	22

# **CALIFORNIA DEPARTMENT OF AGING**

## **Statement**

### **Senior Farmers' Market Nutrition Program Participant Rights and Responsibilities**

=====

**I have been advised of my rights and obligations under the SFMNP. I certify that the information I have provided for my eligibility determination is correct, to the best of my knowledge. This certification form is being submitted in connection with the receipt of SFMNP coupons. Program officials may verify information on this form. I understand that intentionally making a false or misleading statement or intentionally misrepresenting, concealing, or withholding facts may result in paying the State agency, in cash, the value of the food benefits improperly issued to me and may subject me to civil or criminal prosecution under State and Federal law.**

**Standards for eligibility and participation in the SFMNP are the same for everyone, regardless of race, color, national origin, age, disability, or sex.**

**I understand that have the right to a fair hearing and may appeal any decision made by the local agency regarding my eligibility for the SFMNP except the denial because of insufficient funding or the non-availability of SFMNP coupon booklets.**

# CALIFORNIA DEPARTMENT OF AGING

## Senior Farmers' Market Nutrition Program

### Proxy\* Form

Participants are authorized to designate an individual to act as their authorized representative or "Proxy" to sign and receive a Senior Farmers' Market Nutrition Program coupon booklet.

#### Participant Eligibility Requirements

I certify that I am at least 60 years old.

I certify that my income does not exceed \$18,130. a year.

I certify that I am a resident of the Planning and Service Area \_\_\_\_

I certify that I have not already received this year's (2007) Farmers Market Coupons.

This Proxy Form  
designates \_\_\_\_\_  
(Print Name)

as my authorized representative in receiving a SFMNP coupon booklet.

Signed \_\_\_\_\_ Date \_\_\_\_\_

+++++

For Agency Use:

\_\_\_\_\_ has received one coupon booklet  
(Print Name)

containing serial numbers \_\_\_\_\_ through \_\_\_\_\_

Signature AAA Representative \_\_\_\_\_

SFMNP # 1

# CALIFORNIA DEPARTMENT OF AGING

## Denial of Senior Farmers' Market Nutrition Program (SFMNP) Coupon Booklet

You, \_\_\_\_\_  
(Print Name)

have been found ineligible to receive Senior Farmers' Market  
Nutrition Program Coupons for the following reason (s).

Please circle reason or reasons:

1. You are not at least 60 years old.
2. Your income exceeds \$18,130.00 a year.
3. You are not a resident of this Planning and Service Area.

You have a right to a fair hearing and to appeal this decision. This request may be presented orally or in writing to either the local Area Agency on Aging or the State Department of Aging.

You do not have the right to appeal the denial of coupons based solely upon lack of USDA funding or coupon booklets.

Standards for eligibility and participation in the SFMNP are the same for everyone, regardless of race, color, national origin, age, disability, or sex.

Denied by: (Printed Name and Signature) \_\_\_\_\_

\_\_\_\_\_

Title: \_\_\_\_\_

Date: \_\_\_\_\_

**SFMNP # 2**

**SENIOR FARMERS' MARKET NUTRITION PROGRAM (SFMNP) AGREEMENT**

CDA-SFMNP- 301 (04/07)

AGREEMENT BETWEEN CALIFORNIA DEPARTMENT OF AGING (CDA) AND THE AREA AGENCIES ON AGING SENIOR FARMERS' MARKET NUTRITION PROGRAM AND RECEIPT OF SFMNP COUPONS

**AGREEMENT****CDA Agrees to:**

1. Provide SFMNP coupon booklets to the Area Agency on Aging (AAA).
2. Provide the AAA the SFMP Tool Kit and participant education materials.
3. Compile and provide the coupon redemption rate for the AAA.
4. Training of AAA SFMNP Coordinators.
5. Monitor the AAA's SFMNP.

**The AAA agrees to the following** requirements as specified in the 2007 SFMNP Tool Kit and PM #:07-07(P)

1. Identify and certify SFMNP Participant eligibility. Provide safeguards of personal participant information.
2. Distribute SFMNP coupon booklets to eligible participants.
3. Control the receipt, and security of the SFMNP coupons.
4. Copy and return all SFMNP #5, Coupon Issuance Logs, to CDA upon their completion.
5. Distribute required participant instructions and nutrition education materials.
6. Provide Nutrition Education on the use of fresh fruits and vegetables.
7. Ensure that staff receives training in SFMNP policies and procedures
8. Complete, copy and forward all required records to CDA; maintain on file all required records for 3 years.

The AAA understands that CDA will not provide administrative funds for the SFMNP.

AAA DIRECTOR SIGNATURE

DATE

CDA MARKET MANAGER SIGNATURE

DATE

**RECEIPT OF SFMNP COUPON BOOKLETS**

The AAA has received from the State of California \_\_\_\_\_ (total Number) of SFMNP coupon booklets, starting with serial numbers \_\_\_\_\_ and ending with \_\_\_\_\_.

The coupons have a total redemption value of \_\_\_\_\_.

AAA SFMNP COORDINATOR SIGNATURE

DATE:

STREET ADDRESS:

CITY

STATE

ZIP

TELEPHONE NUMBER:

E-MAIL

**SFMNP #3** Send the original to the CDA SFMNP Manager. Keep a file copy.

**CALIFORNIA DEPARTMENT OF AGING  
SENIOR FARMERS' MARKET NUTRITION PROGRAM  
COUPON CONTROL LOG**

PSA # \_\_\_\_\_

Date	Number of Booklets	Coupon Booklet Sequence Number	Name of Provider Booklets Issued To	Signature of Individual Receiving Coupon Booklets
		From: _____ To: _____		
		From: _____ To: _____		
		From: _____ To: _____		
		From: _____ To: _____		
		From: _____ To: _____		
		From: _____ To: _____		
		From: _____ To: _____		
		From: _____ To: _____		
		From: _____ To: _____		

**SFMNP 4** - AAA to retain the original on file for 3 years and give a copy to provider receiving the coupon booklets.

CALIFORNIA DEPARTMENT OF AGING	
SENIOR FARMERS' MARKET NUTRITION PROGRAM	
PSA#	COUPON ISSUANCE LOG

<b>Site Location:</b>	<b>Provider:</b>
-----------------------	------------------

**Provider:**[illegible]

Page ____ of ____	Nutrition Education Tool: Handout _____ Lecture _____
<b>SFMNP# 5</b>	1) Original to the Area Agency on Aging and provider to keep copy
	2) AAA to retain original for 3 years





**CALIFORNIA DEPARTMENT OF AGING  
SENIOR FARMERS' MARKET NUTRITION PROGRAM  
ETHNICITY & RACE KEY**

SFMNP requires the collection of participants' ethnicity and race data locally. Data must be kept on file locally (Coupon Issuance Log) for monitoring purposes and does not have to be reported routinely to the State. Ethnicity and race are separated in accordance with the U.S. Census. The U.S. Census acknowledges the nature of these terms by reporting that these terms should be seen as descriptors of a person's social and cultural characteristics as well as ancestry. The categories to be collected follow the same standards used by the U.S. Census. Asian and Pacific Islander breakouts (or subsets) are required by state law (Government Code Section 8310.5).

<b>U.S. Census names Hispanic as an Ethnicity and a separate question than Race.</b>		<b>Code</b>
<b><u>Ethnicity:</u></b>	<u>Hispanic/Latino Origin</u> : This includes persons who see themselves as Mexican, Mexican-American, Puerto Rican, Cuban, or Spanish descent. The client may identify as any race as well as of being ethnically Hispanic/Latino.	<b>01</b>
	Persons who do NOT see themselves as having any Hispanic/Latino descent.	<b>02</b>
<b><u>Race:</u></b>	<u>Caucasian/White</u> : Those with origins in Europe, the Middle East, or North Africa. This includes persons who indicate themselves as Irish, German, Italian, Lebanese, or Polish, and total in the space provided.	<b>10</b>
	<u>African American/Black</u> : Those with origins in any black racial groups of Africa.	<b>11</b>
	<u>American Indian/Alaskan Native</u> : Those having origins in North and South America, and who maintain tribal affiliation, including American Indian, Canadian-Indian, French-American Indian, or Spanish-American Indian .	<b>12</b>
	<u>Asian</u> : Those with origins in the Far East or Southeast Asia, including:	
	Asian Indian	<b>20</b>
	Cambodian	<b>21</b>
	Chinese	<b>22</b>
	Filipino	<b>23</b>
	Hmong	<b>24</b>
	Japanese	<b>25</b>
	Korean	<b>26</b>
	Laotian	<b>27</b>
	Vietnamese	<b>28</b>
	Other Asian	<b>29</b>
	<u>Native Hawaiian/Pacific Islander</u> : Those having origins:	
	Hawaii	<b>30</b>
	Guam	<b>31</b>
	Samoa	<b>32</b>
	American Samoan / Western Samoan	<b>33</b>
	Other Pacific Islander	<b>39</b>
	<u>Two or More Races</u> : Those who identify themselves as multiple races.	<b>98</b>

**CALIFORNIA DEPARTMENT OF AGING  
SENIOR FARMERS' MARKET NUTRITION PROGRAM  
LOST OR STOLEN COUPON SFMNP BOOKLETS  
REPORT FORM**

**INSTRUCTIONS**

(1) Please call the CDA Senior Farmers' Market Nutrition Manager, at (916) 419-7503 as soon as SFMNP booklet(s) are discovered missing.

(2) Complete this form to the best of your knowledge.

AAA completing the report:

Address:

Name of AAA Staff Reporting:

Telephone Number:

Sequence Numbers of missing SFMNP Coupons/Booklets:

Beginning\_\_\_\_\_ Ending\_\_\_\_\_

Date discovered missing:

Please describe briefly the circumstance of how the SFMNP coupons(s) booklets(s) were lost, or stolen.

Thank you for your assistance and continued support.

(3) Please send a copy of the completed form to:

California Department of Aging  
Carole Cory  
Senior Farmers' Market Manager  
1300 National Drive, Suite 200  
Sacramento, CA 95834

(4) Keep the original on file at the AAA.

**SFMNP #6**

**CALIFORNIA DEPARTMENT OF AGING  
SENIOR FARMERS' MARKET NUTRITION PROGRAM  
COMPLAINT FORM**

Please complete the following complaint form and send a copy to the CDA SFMNP Manager.

Date:

Market Site Name & Address:

Type of Complaint: (Please check the appropriate box)

☐ Customer

☐ Farmer

☐ Other (Please specify)

\_\_\_\_\_  
\_\_\_\_\_

Complainant's Name:

Telephone Number:

Complainant's Address:

Complainant Chooses to be Anonymous ☐

Nature of Complaint: (Please be specific)

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Eyewitness Accounts: (Please list name and phone number of each witness)

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Did the Recipient Talk to the Market Manager? \_\_\_\_Yes \_\_\_\_No. If yes, what was the Managers' response/recommendations?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Name of the AAA SFMNP Coordinator handling the complaint:

Telephone Number:

Please retain the original and provide a copy to any involved service provider.

**SFMNP #7**

# **CALIFORNIA DEPARTMENT OF AGING**

## **Senior Farmers' Market Nutrition Program**

### **Instruction Sheet- Participant Rights and Responsibilities**

In order to receive Senior Farmers' Market Nutrition Program (SFMNP) coupons participants must comply with the following rules:

- Only fresh fruits, vegetables and edible herbs can be purchased with the SFMNP coupons.
- Coupons can only be redeemed at approved certified Farmers Market sites.
- Each SFMNP coupon is worth \$2.00 in trade for fresh fruits, vegetables and edible herbs only.
- No change can be returned to the senior participant. When the amount of sale is less than the dollar value of the coupon, then additional fruit or vegetables should be added to the purchase to bring the sale as close to the coupon value of \$2.00.
- Coupons are not transferable to another person.
- Farmers may accept cash or food stamps to cover the purchase beyond the value of the coupon.
- Coupons may not be exchanged for cash.
- Torn or altered coupons or coupons without serial numbers cannot be accepted.
- Coupons may not be redeemed at grocery stores.
- Lost or stolen coupon booklets will not be replaced. Report lost or stolen coupon booklets to the SFMNP Coordinator and the Farmers' Market Manager.
- The last date to use the SFMNP coupons is November 30, 2007.
- Farmers shall not unlawfully discriminate against SFMNP participants in price, quality of produce, or service.
- Contact the SFMNP Coordinator to register a complaint about this program
- Any person/vendor/farmer committing fraud or abuse in connection with a United States Department of Agriculture (USDA) program is liable to prosecution under applicable federal, state or local laws.
- This institution is an equal opportunity provider.
- An individual that has been denied SFMNP coupons is entitled to appeal the decision at a fair hearing. Appeals may be filed in writing with the local Area Agency on Aging or the California Department of Aging at:

California Department of Aging

1300 National Drive, Suite 200

Sacramento, CA 95834

**SFMNP # 8**



## Fresh Fruits and Vegetables Found at Your Local Farmer's Market



The current dietary guidelines for American's call for 5 or more servings of fruits and vegetables per day!! Try and choose from fresh fruits and vegetables that are classified as "Superfoods" due to their nutrient rich qualities and great benefits to your body!

### **SUPERFOODS:(just a few of the many)**

#### **BONE HEALTH:**

- **Arugula:** high in Vitamin K, Vitamin C, Folate, Calcium, and Magnesium
- **Broccoli:** in season in September; high in Vitamin C (over 200% of daily needs), Vitamin K, Potassium, Manganese, and Calcium
- **Brussels Sprouts:** in season in September; high in Vitamin A, Vitamin C, Vitamin K, Folate, Potassium, Manganese, and Fiber to help with digestion

#### **BRAIN HEALTH:**

- **Blueberries:** contain many antioxidants that help brain function, Vitamin C, Vitamin K, Manganese, and a good source of fiber
- **Strawberries:** anthocyanins and guercetin (brain healthy antioxidants), Vitamin C, Manganese, Fiber
- **Spinach:** antioxidant phytonutrients helping in brain function, Vitamin C (helps protect the brain from harmful molecules), and Folate; Spinach is also good for your heart, eyes, skin, and immune system

#### **EYE HEALTH:**

- **Carrots:** Vitamin A (one serving provides over 250% of daily needs)
- **Romaine Lettuce:** excellent source of Vitamin A, lutein and zeaxanthin (cartenoids that help maintain eye health)
- **Sweet Potatoes:** Vitamin A (over 360% of daily needs), helps the eye adjust from bright light to darkness

#### **HEART HEALTH:**

- **Bananas:** Vitamin B6, Potassium (helps regulate blood pressure), Fiber, and Vitamin C
- **Oranges:** excellent source of Vitamin C, fiber, and folate
- **Potatoes:** Vitamin B6, Vitamin C, Potassium, Fiber, Magnesium, Folate
- **Tomatoes:** Vitamin A, Vitamin C, potassium, antioxidant lycopene (may help reduce overall cholesterol levels), lycopene can also reduce your risk of many cancers

## IMMUNITY BOOSTERS:

- Cantaloupe:** excellent source of both Vitamin A and Vitamin C; Vitamin C has been known to enhance the function of white blood cells
- Red Bell Peppers:** Vitamin C (over 450% of daily needs), Vitamin A, Vitamin E (antioxidant that protects immune cells from harmful particles)
- Butternut Squash:** Vitamin A (over 300% of Daily value), nearly half your daily Vitamin C recommendations, Vitamin E

## ANTIOXIDANTS:

- Apples:** Red Delicious and Granny Smith Apples ranked 8<sup>th</sup> and 9<sup>th</sup> out of over 100 common foods for antioxidant capacity. They help reduce aging and DNA degradation, both which can lead to cancer.
- Cranberries:** rank 6<sup>th</sup> in total antioxidant capacity, excellent source of Vitamin C, also contain procyanidin which may protect against urinary tract infections
- Plums:** black plums rank 11<sup>th</sup> in antioxidant ability out of 100 common fruits and vegetables

## Common Vitamins, Minerals, and Nutrients in Fruits and Vegetables:

**Vitamin A:** promotes healthy skin, better eyesight, and fighting infections

**Vitamin B Complex:** increases metabolism, helps repair damaged DNA, helps immune system

**Vitamin C:** helps wound healing and increases immune function

**Vitamin E:** boosts immune function and may help slow aging, strong antioxidant

**Vitamin K:** essential for blood clotting and helps maintain bone density

**Calcium:** essential for bone density and muscle/heart function

**Fiber:** lowers LDL ("bad" cholesterol) levels, improves digestion, and may help reduce hunger

**Manganese:** promotes healthy bones and healing

**Potassium:** helps regulate blood pressure

Information obtained from dolesuperfoods.com



**CALIFORNIA DEPARTMENT OF AGING**  
**SENIOR FARMERS' MARKET NUTRITION PROGRAM**  
**PARTICIPANT SURVEY**  
**2007**

Your input is valuable to help support the need for the Senior Farmers' Market Nutrition Program.

1. Have you used Farmers' Market Coupons before?

☐ Yes ☐ No

2. How many times did you go to a Farmers' Market last year?

☐ Never ☐ 1-2 times ☐ 3-5 times ☐ 6 or more times

How many times did you use a Farmers' Market this year?

☐ 1-2 times ☐ 3-5 times ☐ 6 or more times

3. Did you use your coupons every time you went to the Farmers' Market?

☐ Yes ☐ No

5. Did you use all of your coupons? ☐ Yes ☐ No

6. Did you eat more fresh fruits and vegetables because of the California Farmers' Market Coupons? ☐ Yes ☐ No

7. What could we do to make it possible for you to eat more fruits and vegetables?

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**Thank you!**